



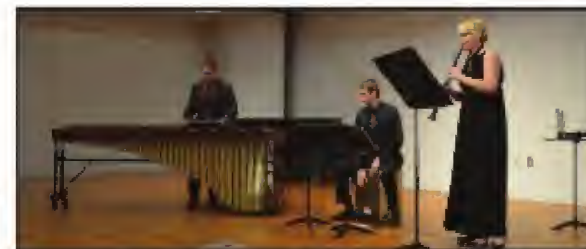
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the pacer



November 6, 2013

Independent voice of the University of Tennessee at Martin

Volume 86, Issue 6

New strides taken in concussion management



Pacer Photo/Tonya Evans

Tammy Jo Stanford
Guest Writer

The subject of concussions in college sports, specifically football, has been a hot-button issue as of late and the UTM football program, local high schools and area trainers and physicians are doing their

part in handling concussion management.

"A concussion, even in mild forms, is recognized as a type of traumatic brain injury that requires medical attention and monitoring. Concussions can be caused by a bump, blow or jolt to the head or body that can change the way your brain

normally works," according to the NCAA.

Based on information from the American Academy of Neurology (AAN), the new guidelines on concussion management released in January 2013 are the first of their kind in 15 years. The AAN says that over 1 million

athletes in the U.S. experience a concussion annually. Some symptoms of a concussion include amnesia, confusion, headache, loss of consciousness, double vision, nausea and concentration or memory problems.

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NOVEMBER 11, 2013
HONORING ALL WHO SERVED
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**VETERANS DAY
OBSERVANCE
3 P.M. MONDAY,
Nov. 11,
IN WATKINS
AUDITORIUM**

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Viewpoints

EDITORIAL

The Pacer wishes readers a happy Veterans Day

Last month, UTM took a major hit when we learned that we would be losing our branch of the Army's ROTC program.

Needless to say, faculty, students and Martin residents just aren't having it. UTM isn't giving up the ROTC without a fight, which speaks volumes for how we in the city of Martin feel about the armed forces.

Regardless, *The Pacer* would like to officially declare that we support the men and women of the U.S. military. And despite the unfortunate plans to close the

ROTC in 2015, we stand firm in our support.

And with Veterans Day so close by, we couldn't think of a better time to thank all those who served in the U.S. military. We at *The Pacer* hope your Veterans Day is spent appreciating the soldiers closest to you.

While we're on the topic, some of you may have noticed that school closings in honor of Veterans Day are surprisingly rare compared to its May counterpart, Memorial Day.

For those of you who don't

know, Memorial Day is observed in honor of soldiers lost in battle, while Veterans Day is dedicated to all soldiers serving in the military during times of war and peace.

Both holidays are of great importance to American culture, yet only one of the two warrants nationwide school closings. *The Pacer* would like to know why.

It's true that Memorial Day has existed in some form or another for much longer than Veterans Day. Still, time alone is no longer a valid argument when

we learn that the idea of a day for enlisted American soldiers has been around for nearly 100 years now.

So, why are schools permitted to choose whether or not enlisted soldiers are worth closing school for, but always close in memory of past soldiers as a rule of thumb?

School closings or not, *The Pacer* would like to wish all enlisted men and women a happy Veterans Day.

We'll see you in class Monday.

COLUMN

Importance: professional experience = class

Malorie Paine

Managing Editor, Print

In the list of the most important things to gain from college, professional experience isn't one that I often hear from friends.

Many students decide to attend college not for the experience, but so they can get a decent paying job when they graduate.

“Gaining professional experience while in college is not only beneficial, it is essential.

However, how do students actually think they are going to get a job with no experience? Gaining professional experience while in college is not only beneficial, it is essential.

I believe there are a few things that any student can and should do during his or her time in college that will help set them up to get a job in their chosen field.

1. Be marketable.

Being marketable is the first step to achieving any goals. You have to prove to potential employers that you are worth adding to their company. Sure a degree in your chosen field says "I've studied and made the grades to attain this degree." But, employers should hear more than that. They should be able to glance at your resume once and know you are the perfect person to fill their open position.

Set yourself up in such a way that people don't want to wait to contact you when they see your interest in their company.

2. Be unlimited.

Many students pick a major and only learn the things they are taught in class. While I admit learning class material is essential, students shouldn't stop there.

In order to be truly unlimited, you have to go above and beyond what you learn in class. Typically, classes only touch on the basics; so, you don't really get the in-depth knowledge that many

employers are looking for.

If you make sure that you get experience outside of the classroom, you are setting yourself up to be truly unlimited. Being unlimited is key to being successful.

3. Be motivated.

Sure, you can go to class for 16 hours a week and then go out and party a few nights a week, but how is that really helping you?

“Being busy should never be an excuse to idly watch as time passes you by.

Now, I'm not saying cut out all the fun, but why not spend a few extra hours a week advancing yourself? To me, being motivated doesn't mean just getting my homework done; it means proactively seeking things that will push me above my competition.

Be motivated to find an internship or a job that will not just provide you running money, but will open doors for your future.

By doing these three things, you can open more doors for yourself than ever imaginable. Employers will almost always choose the candidate with experience over the candidate without.

Companies simply do not have the time to drag their employees along. Keep in mind that while in college accepting an unpaid internship is never a bad thing. It shows future employers that you cared more about the learning process than you did about compensation for the time spent.

Being busy should never be an excuse to idly watch as time passes you by. I understand busy, but I also understand being marketable, unlimited and motivated.

In the long run, the things keeping you busy probably aren't as important to your future as the experiences that will increase the chances of a successful future.

the pacer

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Viewpoints

COLUMN

Response to the 'street preachers': An open letter to Christians in Martin

Reuben Kendall

Guest Writer

If you didn't see them, you probably heard them. Some of us stopped to observe. Some of us walked on by, with the sounds of accusation and anger ringing in our ears.

They called themselves "street preachers." They claimed to be Christians. They were very loud. They were sensational. They were extremely disturbing, and especially discouraging to those of us who claim the name of Jesus Christ.

So, to my fellow Christians in Martin, I offer this open epistle of encouragement:

Grace to you and peace from our Lord, Jesus Christ.

Do not allow such false teachers to cause you anxiety, but lift up your concerns in prayer to our father in heaven, who is able to work all things to our good and his glory.

If there are some among you with large signs and loud voices who claim to have no sin, remember what John, our older brother in the faith, has said: those who claim to be without sin deceive themselves and the truth is not in them. They make God out to be a liar, and his word has no place in their lives.

Beware of such deceivers who speak abusively of whatever they do not understand. As our brother Jude has warned us, these are men who divide the believers and do not have the Spirit. They are shepherds who feed only themselves, who grumble and find fault with others but boast about themselves.

Unlike them, build each other up in the love of God, showing the mercy of Christ to those who doubt and kindness to those in distress. Speak the truth in love, remembering what our brother James has told us: if anyone considers himself religious and yet does not reign in his tongue, he deceives himself, and his religion is worthless.



Pacer Photo/Malorie Paine

As for you, confirm your own faith by doing good deeds for the poor and those who are unwanted and unloved. Be slow to speak and slow to become angry.

Our brother Paul was right when he warned us that in these days there will be people who love only themselves, boastful, proud, having no love, unforgiving, conceited and having an outward form of godliness but denying its power. Follow his advice: have nothing to do with them! We know that before too long their folly will become clear to everyone on campus.

As Paul says, this sort of men will perish, because they refused to love the truth and be saved. Do not be like them, deceived into believing that salvation is a result of human effort. Living by a list of regulations and harsh treatment of the body appears wise, but lacks any lasting value in restraining sinful passions.

Did not our King and Savior, Jesus himself, say that no one can see the Kingdom of God unless he is born from above? Human efforts generate hearts hardened with self-righteousness, but the Spirit of God gives birth to new

hearts full of faith, hope and love, overflowing with good deeds and kindness.

Remember: you have been reconciled to God in Christ, and are now free of the accusations heaped against you by sign-toting adversaries. As our dear brother Paul reminds us, the righteousness that comes through faith in Christ, which comes from God and is by faith, is worth far more than their false righteousness of religious zeal.

So make every effort to add to your faith goodness, knowledge, self control, perseverance, godliness, kindness and love. Our older brother in the faith, Peter, tells us that if we have these things in abundance, they will keep us from being ineffective and unproductive in the knowledge of our savior, Jesus Christ.

Be on your guard so you are not carried away by the error of lawless men. All glory be to the only God, our savior, who is able to keep you from stumbling and will bring you blameless and full of joy into his glorious presence through Jesus Christ our King.

Amen.

COLUMN

Pacer executive shares first encounter with street preachers, offers advice

Alex Jacobi

Executive Editor

Three years ago, I had my first encounter with a radical evangelist who was much like the ones who visited our campus a couple of weeks ago.

On that fall day in 2010, as a freshman who had only been on a college campus for a month, I walked past the UC and heard a man yelling and causing chaos, which made me walk up, stopping my journey to Cooper Hall. For a short time, I simply listened, and finally, I raised my hand, hoping to have an opportunity to look in his eyes and see where he stood. I asked him one question, "Do you feel like you are accomplishing anything?" to which he replied, "Yes, I am spreading the word of God."

At this point, my anger boiled, and I knew that the God he claimed was not the same one I did, so I spit back at him, "Honestly, you're just making Christians look terrible." I got so angry with him that I'm pretty sure I even threw a curse word at him, to which he told me that "with language like that, you're not a child of God." In response, I screamed at him, "Don't tell me what I am," and I stormed off to my dorm room and cried to my roommate, not understanding why such hate could exist, especially under the title Christian, which I claim.

Little did I know, that sad experience that showed me the ugliness of the world would also open the door to one of the most beautiful things I know: the written word. After that experience, I attended a Pacer meeting as a new writer and spoke for the first time, suggesting doing a column on the experience I had with the evangelist, to which the editor looked at me and said yes. I wrote on the First Amendment,

on how freedom to speak doesn't mean you should speak and how as a nation, we should be careful how we use our words.

For that evangelist, I know he probably went home that week and nothing changed. But for me, my whole world changed, because I began the journey of falling in love with a publication, which now ends with me being Executive Editor of that publication. Even though the day of my conversation with him ended in tears, the next day ended in a smile, because I got to utilize my voice.

The article ended up being great, especially for a freshman. But more importantly, it taught me that if you want to make a difference, yelling at the enemy doesn't change the game. It's taking lessons from those moments and utilizing opportunities to be a positive force in the world that really makes a difference. The radicals can yell all they want and make the news and stir up a reaction, but in the end, it's the quiet love, the enduring dedication of those in the shadows that wins.

And now, three years down the road, feeling the full circle come around as I'm completing my senior year, I don't feel anger towards these people anymore. The truth is, while we think if we only respond to them angrily enough times that they'll come around, they won't. It's counterproductive, because it fuels their misguided sense of righteousness.

So, here's my proposal: instead of yelling at these people, let's take our energy elsewhere, preferably in a positive direction. Take your concerns to the paper by writing or making art or vent to a friend and have an intellectual conversation about it. It's when that energy is taken elsewhere that we don't give them the satisfaction and we accept that in the end, it is love that wins.

News

Task force won't settle for closing ROTC program

Malorie Paine

Managing Editor

In early October, the U.S. Army announced it would close 13 ROTC programs nationwide, including UTM's, in 2015.

Following the announcement, the university created a task force to look for ways to keep the ROTC program open. The task force, chaired by Dr. Todd Winters, dean of the College of Agriculture and Applied Sciences, is currently weighing several proposals to determine the best fit for UTM students.

"What we've been doing is trying to come up with a plan, and we've kind of gone through a couple of different scenarios. It's very obvious that we need to propose an alternative to the Army, so we have been working on what that alternative will look like," Winters said.

"We still haven't worked out all the details, but I'm working on a proposal right now that we are all going to look at and share with the (UT) system to see if it would be something they would be interested in doing. We will also be doing some preliminaries and run it past some high-ups in the Army; we've been told by some of those people if it wouldn't cost them any more money that they would look at it."

Winters said each scenario presents challenges, but he believes the task force will be able to develop a working plan. Along with UTM employees, the task force includes a couple of generals who are alumni of the ROTC program, and a few people from the UT system who are helping the group work through the political side of things, he said.

"It's still going to be an uphill battle, but I'm staying optimistic. I think we can come up with a plan [the Army] will



be interested in," Winters said.

One scenario is for the program to be taken over by the Tennessee National Guard, Winters said, adding that a number of schools already operate under the guidance of the National Guard. UTM ROTC has provided a large number of officers to the West Tennessee National Guard since the program was established in 1952.

"The National Guard is also interested. UT Martin ROTC, or Skyhawk Battalion, is very important to the National Guard in West Tennessee. They actually looked at the number of officers that have come out of our program, and there have been 137 officers since 1970 that have gone through. We've only commissioned 651, so that's a big percentage," Winters said.

The likelihood of working something out with the National Guard is definitely high, he added.

"Several officers from the National Guard approached us; Murray State and Western Kentucky University have a similar program. Actually, Murray State's [ROTC program] had been shut down for about five years, and they were in the same situation. A lot of their graduates coming out of Murray had gone into

the National Guard. The agreement there was that the National Guard would supply the officers, but they would be commissioned under Western Kentucky.

"So, that is one of the things we are looking at proposing. The idea is that the National Guard would come in and supply the instructors, and the other part of that is we would maybe combine as a University of Tennessee system. UT Chattanooga is already combined under Knoxville, so it wouldn't be that much of a difference to combine UT Martin. Students could still go to school here and get their degrees, but they would be commissioned under Knoxville," Winters said.

If UTM is unable to keep the program open, students currently on scholarship with the Army may have to choose other schools to attend in order to keep their scholarships. Currently, the only other school in West Tennessee with a program is the University of Memphis. Winters said completely dissolving the UTM program could negatively affect students who may be uncomfortable in a larger city like Memphis.

"Once Martin leaves, Memphis will be the only one, which doesn't give an opportunity to students who are from Northwest Tennessee that are more rural than you would find in Memphis," Winters said.

Currently, about 85 students are enrolled in the ROTC program, which serves Jackson State Community College, Lane College, Freed-Hardeman

University, Bethel University and Union University. The 25 students enrolled in the advanced courses should be able to complete the program at UTM before the Army shuts it down. However, the 60 students enrolled in the beginning courses may be forced to transfer to other schools.

"The cadets that are in the advanced course that are within the two years will be able to graduate and be commissioned here," Winters said. "A lot of the students are now looking at other schools to transfer to, especially the ones on scholarship. ... I don't know the exact number, but I know a number of them are applying to other schools and will transfer probably by next fall if we can't

work something out. They will have to make a decision whether they will stay or go, but if they are on scholarship, they will most likely leave."

"It's still going to be an uphill battle, but I'm staying optimistic. I think we can come up with a plan [the Army] will be interested in."

UTM isn't the only Tennessee school facing a program cut. Tennessee Technological University and East Tennessee State University also

are slated to lose their programs. The number of programs being cut in Tennessee is higher than any other state.

"Tennessee alone will lose ROTC offerings at three of its public universities, the most of any state," read a New York Times article published on Oct. 21.

Winters said he believes Tennessee, a.k.a. the "Volunteer State," saw a greater hit than other states because it is a

patriotic state with many ROTC programs.

"I think the reason the military is doing this is because it is very clear there is a downsize in the military," he said. With so many programs still left in Tennessee, "the army was able to pick and choose, and they chose more here because of that."

Winters said that he and the rest of the task force understand that if they want to see results, they must remain professional. They are trying to ensure they approach the situation in the proper way, which is something several other schools have not done, he said.

"We are taking a very diplomatic and professional stance. A lot of the schools that have been shut down have taken a very aggressive stance, and it has actually made things worse for them. So, we are trying not to do that," Winters said.

The university understands that while ultimately they don't have the final choice, they will have to do some extra things to keep the program.

"Dr. Rakes and I have talked about maybe providing a few extra scholarships. Another thing we've been talking about is maybe doing an Interdisciplinary Studies major, an area study in Military Science and Leadership. That would be attractive and another thing to get students into the program. This would allow students to get through in the 120 (required) hours. Some majors take longer, up to a semester or year longer, to get through, so that could be attractive to students. Right now, about half of the students are going that way anyway, so it would just formalize that," Winters said.

"We think if we formalize it, it will make it attractive to the Army as well," he said. "We are doing a little extra to make it a win-win for everybody."

News

Take time to remember all who have served

Mary Wortham

Guest Writer

Among the various trending topics that students keep up to date on, the thoughts and concerns of those who have served America isn't typically at the top of the list.

Kenneth Palm, now a retired master sergeant of the Marine Corps, enlisted in 1965. He deployed the first time to Vietnam in January 1967 and returned in December 1968. He then went back for a second tour in 1971 and finally retired in 1986 after over 21 years of service.

"Not very often, people are concerned with this type of thing," Palm said. "It's still our history; however, we may not always like it, especially when it came to Vietnam."

The Vietnam War, to the general American public, was a fairly unpopular one. The U.S. government viewed American involvement in the war as a way to prevent a communist takeover of South Vietnam. This was part of their wider strategy of containment, which aimed to stop the spread of communism.

The end result of the Vietnam War, though, meant a cold shoulder for those who came back home to the States from the front lines in the jungles.

Palm added that he believed that the civilian sector, as a whole, has realized its error when it came to the veterans of tomorrow's generation. Although they may not always be in the mainstream media, they are still better cared for upon arriving home from Afghanistan and Iraq compared to the years of Vietnam. Furthermore, they're also getting the deserved medical attention they need now.

"Especially in regards to



Staff Sgt. Medic Brandon Fletcher will soon graduate from UTM with a degree in Agriculture Education.

| Photo Courtesy/Brandon Fletcher

the Reserve, you can't just take people off the street who normally work as store clerks, mechanics and such ... and train them for one weekend a month and expect them to fight an all-out war," Palm said.

"You throw them into a life-or-death situation, then right back into the status-quo civilian sector just like that. Many of these service people have been in need of this newfound medical attention for a long time, especially when it comes to the rising suicide rates among our Reserves."

Brandon Fletcher, who has been a staff sergeant medic of the Tennessee Army National Guard since 2001, had similar views to Palm's. Fletcher has deployed to Iraq three times between 2003-2012 and once to Afghanistan between

2009-2010. Not only is he currently a senior medical non-commissioned officer for the 268 MP Company in Ripley, Tenn., but he will soon graduate from UTM.

"It is my hope that tomorrow's veterans will still be veterans of a grateful and appreciative nation. I hope that in the near future we will see the backlog of claims processing significantly reduced, as well as the constant improvements in medical care continued," Fletcher said.

"I think that President John F. Kennedy said it best when he stated 'A nation reveals itself not only by the men it produces, but also by the men it honors, and the men it remembers,'" Fletcher said.

"So long as our nation does not forget the men and women who made the ultimate sacrifice

“It is my hope that tomorrow's veterans will still be veterans of a grateful and appreciative nation.

for their country, or who were at least willing to make the ultimate sacrifice for their country, the future for veterans will remain strong, and thus, the future of this nation will remain strong."

The experiences and trials that these men have to go through are none like any that civilians can even begin to imagine. Sacrifice isn't an everyday matter of business here.

World War II veteran Blaine Gamble can definitely testify to this.

Gamble enlisted at the age of 21 as a college student in what many referred to as "the time of the greatest generation." He served as an Army Air Corps medic during the "Island Hopping Campaign" of the Pacific for over 22 months.

"I was overseas longer than my dad was in the service altogether," Gamble said.

After the famous Battle of Midway, the United States launched a counteroffensive strike known as "island-hopping," establishing a line of overlapping island bases, as well as air control. The idea was to capture certain key islands, one after another, until Japan came within range of American bombers.

One of the first things Gamble was told when he first entered the battleground of

Tarawa of the Gilbert Islands was, "you're expendable." This was because it was considered a major combat area at the time.

"I've never seen so many dead bodies in my life," Gamble said. "This was pretty much the first land invasion and the Japanese were 'raking the beach,' if you will, from their machine gun nests, wave after wave of our boys."

Gamble had countless, enduring experiences with soldiers of all types working as an Air Corps medic. But he said that one of the most memorable was when he flew in to pick up some POWs who had been stranded for over three years.

"I actually dreaded the flight in to Hawaii. These poor men were skinny and malnourished and here I was in clean clothes and healthy. I just knew they were wondering where the hell we had been for the past three years," Gamble said.

"But as soon as we got there, they instead were the happiest guys that I ever evacuated. They were just happy they lived through the war."

He added that of the 32 men who boarded that plane, there were a total of 48 amputations.

Many things have changed since WWII. In fact, a lot of things have changed just over a few mere years as far as the military is concerned.

Michael Cochran, both a member of the Air Force and later Army Reserve, speaks about some of the changes he's noticed since his enlistment in 1983.

Cochran helped establish "tent cities" in Germany for the men going in and out of places like Saudi Arabia during the first Gulf War. Many times, troops come through places

See **Veterans**, Page 6

News



How to treat flag with respect

General guidelines from the Flag Code:

- The flag should be lighted at all times, either by sunlight or by an appropriate light source.
- The flag should be flown only in fair weather, unless the flag is designed for inclement weather use.
- The flag should never be dipped to any person or thing. It is flown upside down only as a distress signal.
- The flag should not be used for any decoration in general. Bunting of blue, white and red stripes is available for these purposes. The blue stripe of the bunting should be on the top.
- The flag should never be used for any advertising purpose. It should not be embroidered, printed or otherwise impressed on such articles as cushions, handkerchiefs, napkins, boxes or anything intended to be discarded after temporary use. Advertising signs should not be attached to the staff or halyard.
- The flag should not be used as part of a costume or athletic uniform, except that a flag patch may be used on the uniform of military personnel, firefighters, police officers and members of patriotic organizations.
- The flag should never have any mark, insignia, letter, word, number, figure or drawing of any kind placed on it or attached to it.
- The flag should never be used for receiving, holding, carrying or delivering anything.
- When the flag is lowered, no part of it should touch the ground or any other object; it should be received by waiting hands and arms. To store the flag it should be folded neatly and ceremoniously.
- The flag should be cleaned and mended when necessary.
- When a flag is so worn it is no longer fit to serve as a symbol of our country, it should be destroyed by burning in a dignified manner.

Information courtesy www.usa-flag-site.org/etiquette.shtml

Scholarship opportunities exist online

Mary Wortham

Guest Writer

Every year, hundreds of students question how to find extra scholarships to supplement their educational needs, when the answer is simply online, said Kim Cooper, senior administrative services assistant and scholarship coordinator.

Scholarships are available not only based on academic achievement, but also based on leadership, merit, music ability, military involvement and organizational membership.

"All you have to do is go to www.utm.edu/departments/finaid/scholarships and simply search and apply for the scholarships that fit you best," Cooper said.

"The next best option is to go by your department and ask if they offer departmental scholarships, which also can be found listed on the UTM scholarships website."

The departmental scholarships are run by a different schedule unique to the department. Therefore, students should keep this in mind and check back

constantly for the best chances of getting these.

Cooper added that the site has always been available to students, but some might not be aware of it.

On the site, at the top of the page, there are not only departmental scholarships, but also outside scholarships and UT Alumni-sponsored scholarships. There is also an online scholarship search engine as well. When students click on any of the tabs, each one expands or takes the student directly to the host site where the application can be submitted.

"Personally, under the outside scholarships tab, I research each one that is posted there to see if it is legitimate," Cooper said.

"I know that some on there are national scholarships and may be hard to get, but if I feel there is any real chance at all, I post it. A slight chance is better than none."

Furthermore, the biggest problem with outside scholarships can be timeliness. This is why Cooper tries to help students filter these out-of-date

scholarships by posting them to the outside scholarships tab.

"Each scholarship has different requirements and is due at different parts of the year. However, filling out the FAFSA in early spring each year is by far the best and easiest way to find scholarships," Cooper said.

For scholarships excluding the FAFSA, there really isn't a certain time of year that has more offerings than other times. Students just need to make sure of dates and think far enough ahead to apply.

Cooper also said that other options for scholarships include scholarships with student organizations, hometown civic groups and even employers.

"Another scholarship aid that UTM offers is the Honors Day Program at the end of the spring semester each year. However, these aren't scholarships that you can apply for directly," Cooper said.

Students are awarded these scholarships based on staff evaluations, student service, academics and merit.

For more information, contact Cooper at 731-881-7039.

Veterans

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like this to get acclimated and to do their final preparations.

"In a lot of ways, I feel the younger generation is somewhat softer," Cochran said. "All I mean by this is that, for an example, it wasn't unusual to get cussed out during basic training. Nowadays it seems that there has to be more political correctness and more care with what's said."

On a slightly different note though, he also said that race relations since his enlistment in 1983 have immensely improved. There's definitely not as much discriminatory behavior.

The War on Terror is considered to be a new war altogether. The tactics and weaponry is new as well as the generation fighting it. Many people wonder if the men and women overseas or even the veterans still find the military an honorable profession.

Micah Bowers, who has served in Operation Enduring Freedom in Jalalabad, Afghanistan, since July 2013, sheds some light on this matter.

Bowers is not only overseas serving as an Army cavalry scout, but is also married to UTM student Michelle Bowers.

"There is a lot of work to do in the military. As to combat arms, unless we are fighting a battle, training or maintaining our equipment, we are usually doing some kind of random job like picking up trash, picking weeds, mowing, etc.," Bowers said.

"But at the same time, even doing that, I do believe that our job is honorable. About only 1 percent of Americans decide to become a soldier. So, we take pride in being who we are no matter the task."

Being a soldier may not be for everyone, but to those who serve, it is everything.

News

UTM offers academic scholarships to students

Malorie Paine

Managing Editor, Print

With a steady rise in tuition, many students are left wondering how they will be able to afford their college degrees.

UTM, among one of the lowest costing four-year universities in the state according to the Tennessee Board of Regents, has a variety of academic scholarships available for students.

"What we call our academic scholarships, University Scholar, Chancellor, Dean, McWhorter Freshman and Conner, are all provided by the institution; the University's Admissions Office identifies those who are eligible and sends them an offer letter or application to apply. Someone will receive each scholarship," said Provost and Vice Chancellor for Academic Affairs Dr. Jerald Ogg.

For the 2013-2014 school year, UTM awarded a sum of \$3,333,348 in academic scholarships, according to the UTM Scholarship Report for 2013-2014.

The University Scholars Program is available to students for four years. This is a \$5,000 scholarship and the minimum requirements to obtain this scholarship are a 28 ACT and 3.5 GPA. The program is limited to 60 students total at one time, and 15 students are admitted every year.

According to UTM's website, "students must maintain a 3.3 cumulative grade point average to continue in the program and participate in a special ten-semester hour curriculum for University Scholar students."

For the academic scholarships, students have to receive them as incoming freshman to be eligible for them.

"[Students] can only receive [them] as incoming first-year students straight out of high school," Ogg said.

The Chancellor's Award is another scholarship the university offers to its students. This is a \$3,000 scholarship available for four years. The minimum requirements for this award is the same as those for the

are a limited number of awards available.

For incoming freshmen,

McWhorter Freshman Scholarship/Workshop. This is a \$1,000 scholarship for the freshman year and a workshop totaling \$1,500. Students are required to have a 20 ACT and a 3.0 GPA.

"Some departments do have their own scholarship applications, such as nursing and agriculture, so students should inquire with their own departments to see if an application is necessary to be eligible," Ogg said.

Some departments offer a greater number and larger sum of scholarships than others.

According to the UTM website, departments on campus that offer scholarships include the "Agriculture, Geoscience, and Natural Resources, Chemistry and Physics, Health and Human Performance, History and Philosophy, Military Science, Music, Nursing, Travel-Study/ Study Abroad and Visual and Theatre Arts."

The university also offers Music and Band scholarships, which are awarded on an audition basis. Recipients of these scholarships are not required to be majoring in any specific area. The U.S. Army offers four, three and two-year Army ROTC Scholarships based on merit. In addition to the scholarship awarded by the U.S. Army, UTM will provide \$2,000 per year dormitory scholarships to recipients of the ROTC Scholarships.

Along with academic scholarships, there are six alumni-sponsored scholarships available as well; Student Alumni Scholarship, Transfer Scholarship, Valedictorian Recognition Award, Alumni Andrew D. Holt Scholarship, Joe and Pat Johnson Scholarship and Elam Alumni Legacy Scholarship.

Along with scholarships through UTM, there are multiple free scholarship locator resources which can be found online.

For students requiring additional Financial Aid or scholarship help, contact the Financial Aid and Scholarships office at (731) 881-7040.



University Scholars Program. There are a "limited number of awards"

for this scholarship. For a student to be eligible for this scholarship, "the student must have a 3.2 GPA at the end of two semesters and each Spring semester thereafter. Recipients must be full-time students and participate in seminars and attend lectures with distinguished campus visitors."

UTM also offers the Deans Scholarship, which awards \$1,500 per year. The award is given all four years. While the 3.5 GPA requirement is the same as the previous two scholarships, a lower minimum of a 25 ACT is required to attain this scholarship. As with the Chancellor's Award, there

a Leaders-In-Residence scholarship is available. This is a \$1,000 scholarship that is awarded only for students during their first year at UTM. The scholarship is "available to student council presidents, Beta Club, Honor Society President, Senior Class President and state officers in any student organizations and JROTC Battalion Commanders." Recipients of this scholarship are required to "participate in a special leadership development program and live in residence halls."

Incoming freshmen students are also eligible for the UTM

Applications for this scholarship/workshop must be submitted by Feb. 1. Students are required to maintain a 3.0 GPA.

The Harold Conner Scholarship is available to Tennessee high school graduates. "Students must have a minimum ACT of 21 and a 3.25 high school grade point average." In order to maintain the award, "the student must have a 3.0 GPA at the end of two semesters and each Spring semester thereafter." Students who receive the award "must be full-time students and participate in seminars and attend lectures with distinguished campus visitors."

Along with academic scholarships, several departments offer scholarships as well.

News

Students' age rarely factor in getting aid

Bradley Stringfield

Managing Editor, Online
Sports Editor

Every college student relies on some form of financial aid to help them complete college, but UTM is making it easier for non-traditional students to complete their degrees.

One of the biggest differences between traditional and non-traditional students is that traditional students typically don't have near the expenses outside of college that many non-traditional students pay.

"As a non-traditional, we have a few more obstacles to face," said Kara Kidwell, secretary of NTSA, the Non-Traditional Student Association.

"In a lot of cases there might be a spouse that is out of work and going to school while the other spouse is supporting the home. That presents its own unique challenges to that household, so any financial aid that the person going to school can get their hands on is always appreciated."

When it comes to financial aid, many students use a combination of loans, grants and scholarships to help pay for their education and it may come as a surprise exactly how many opportunities UTM offers non-traditional students to help pay for school.

"It's the same money that you have for your [traditional students]," said Sheryl Frazier, interim director of Financial Aid.

"There's really nothing different that we offer for non-traditional students that we don't offer for traditional students."

This is something that has helped UTM not only increase its number of non-traditional students, but also helps make it easier for those students to actually afford to finish their degrees.

"I think it's fantastic that non-traditional students have the same options for school financing that traditional students have," Kidwell said.

"Many of us are coming from a work environment and don't have money saved up in college accounts like many students' parents did, so having these funds available to us is something that is really good for us."

The one difference is that non-traditional students aren't initially eligible for the same departmental scholarships that high school students are, but, once they get on campus, they can apply for the same money as any student who arrived on campus straight from high school.

Non-traditional students also are eligible to receive the Tennessee Hope Scholarship, but with some slight differences.

The student must be 25 or older, or have not been enrolled in any post-secondary institute in the past two years. Their parents' adjusted gross income must be \$36,000 or less on the IRS tax form. If they are independent, their income and their spouse's income must meet the same income requirement. They must be continuously enrolled at an eligible post-secondary institution in the fall and spring semesters and maintain satisfactory academic progress.

Also, they have to maintain a cumulative GPA after 12 attempted semester hours or required GPA at subsequent benchmarks.

A lot of students have trouble paying for school regardless of their background, but allowing non-traditional students to receive the same money as traditional students is just one more thing that bridges the financial and life experience gaps between the two.



Column: Research carefully, get started early on filling out FAFSA

Ashley Marshall

Staff Writer

When I decided I was going to attend Dyersburg State Community College in 2008, the first thing I did was try to fill out my FAFSA. I was told that since I was a non-traditional student that would be the best thing for me to do.

Non-traditional students are those students who graduate from high school but do not go to college immediately after. Traditional students are the opposite and are less likely to receive more help than a non-traditional student because it is assumed that they have parental support.

Unfortunately, once I had completed the FAFSA application with information I thought was correct, the end result was that my guardians made too much money for me to get financial aid.

This situation seems to be the case for many people who want to continue their education but don't have parental help.

UTM student Mary Ellen Wortham had no issues with her

financial aid until after she was divorced, which meant she could no longer file independently because she was still considered too young.

"I went to financial aid on campus for guidance and called the FAFSA hotline and they both said there was nothing I could do except claim my parents and put 'dependent,'" Wortham said.

In order to put independent on a FAFSA application, according to FAFSA.ed.gov, an applicant "has to be at least 24 years old, married, a part of Armed forces, a ward of the court, emancipated minor, in legal guardianship, homeless, or at risk of being homeless." The site also says, "If there are special circumstances that prevent an applicant from providing parental information they must provide documentation to the financial aid office at the college to verify their situation."

Like me, Wortham did not have parental support and that makes matters difficult when coming up with the funds to attend college. It also makes you feel like you're out of options. However, I looked into some local scholarships

and was awarded \$1,000 by the Union City Rotary Club.

Like most colleges, Dyersburg State had a deferment plan, and I put myself on a budget so that I could make my payments on time.

During the first year of my education, I researched FAFSA and found the information explained above. I realized that because I had been adopted twice, that made me a ward of the court and made me eligible to be independent the following year on my FAFSA application.

I had to present proof with documentation from the court. I had letters written by my parents to further support my case.

Not only did I receive financial aid, but I also received another Rotary Scholarship, and that motivated me to never take my education or my opportunities for granted.

The one thing I learned about FAFSA is if you do it early, you can change it and come back to it later. FAFSA is a first-come, first-served program, so the earlier it gets done the less stress it will cause later.

News

Desire for news acquired with age

Ashley Marshall

Staff Writer

America keeps up with the world happenings by watching, reading and listening to the news.

But, do Americans keep up with more in the entertainment and celebrity gossip realm or the news realm?

Thomas E. Patterson, author of "Doing Well and Doing Good," says that most young adults are simply uninterested in daily news.

"About half of today's young adults pay no appreciable attention to news. They do not read a daily paper regularly and do not closely follow the daily news on television," Patterson said.

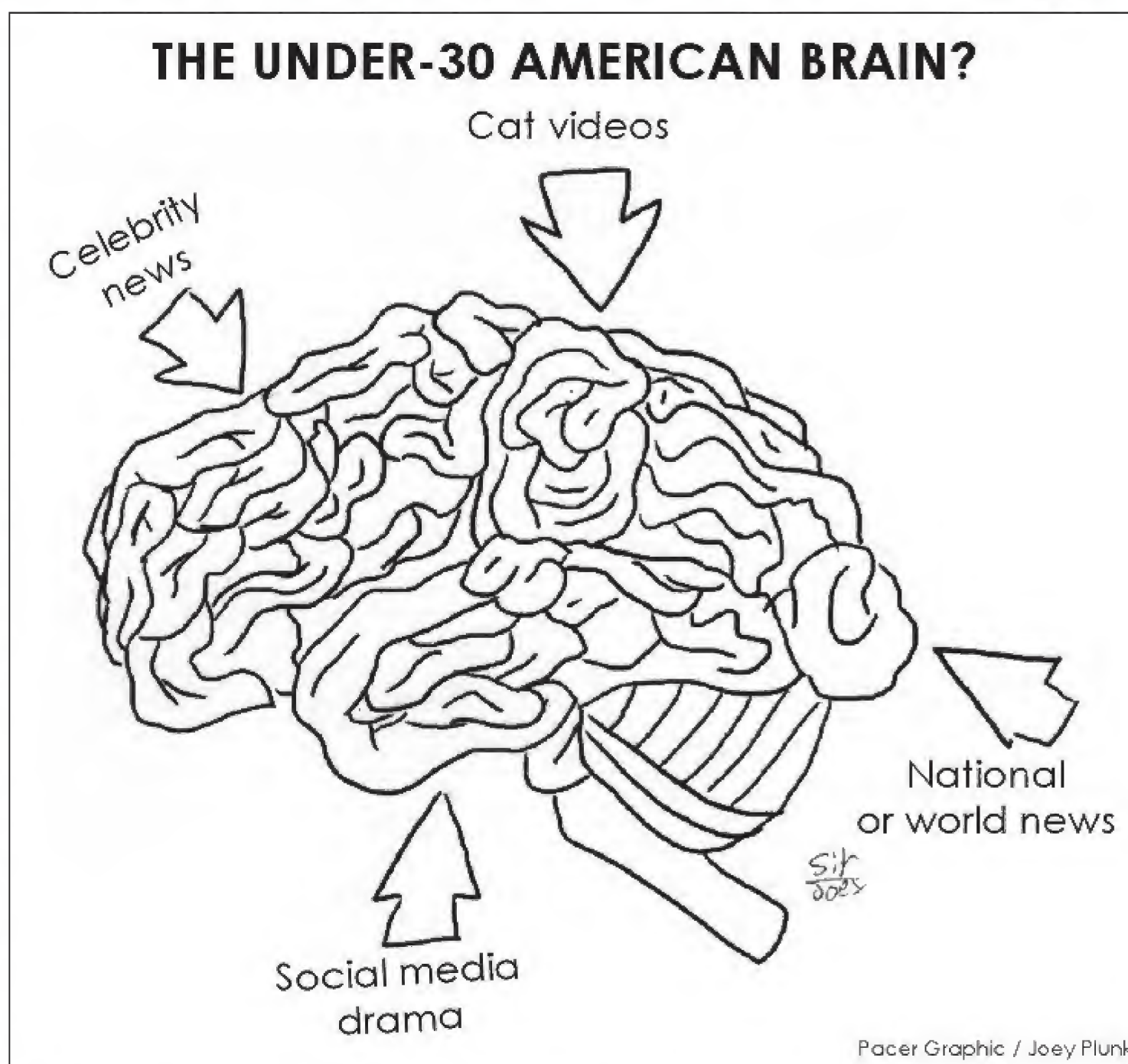
Patterson explains that the reason behind young adults being less concerned with breaking or political news is because "compared with 25 percent of older adults, 42 percent of those under 30 years of age express little or no interest in politics."

Many in the media have seen that more and more viewers and readers prefer entertainment over news, and as a result, have created softer stories to appease the public.

"Soft news attracts millions of viewers and ranks among the top 3 news formats for about a third of the population," said Markus Prior, author of "Any Good News in Soft News? The Impact of Soft News Preference on Political Knowledge."

"Soft news informs and entertains, and at the same time appeals to people unwilling to give up on entertainment, even while they are watching news."

The news stations cater to the want-to-know of today's culture



rather than the need-to-know, no longer focusing on the hard-hitting stories.

"Critics say that the news is based increasingly on what will interest an audience rather than on what the audience needs to know," Patterson said.

Why entertainment trumps news for many, sociologists are unsure.

"I haven't seen any research as to why fluff is seen as more important. I am at a loss as to why people care what the Kardashians do," said UTM Behavioral Sciences Assistant Professor Dr. Darwin-Tamar Ramsey.

Fluff is not a need-to-know type of information. It is what the people of America want to know. It could be said that

some entertainment might have its informative moments, but entertainment is not the informational guide to the serious matters of America.

News is important, but to some, it's also depressing, while entertainment typically makes people worry less about life.

Registration readiness: helpful hints

Across campus, students are looking up classes, meeting with advisers and stressing about their schedules for next semester.

However, other students are not stressing when they probably should be.

Why? Because, ultimately, the job of advising should be the responsibility of the student as much as it is the responsibility of a faculty adviser. Students must "own" their direction in college and remember that even advisers are human and make mistakes.

To help yourselves and your respective advisers, read the online catalog, learn your way around the Banner system, don't be afraid to ask questions and check the following information before the advising meeting:

- Seniors – Check all your holds, know your catalog year, check your CAPP listing for errors, have a preliminary schedule already written out, and don't forget to sign up for the post-comp test.

- Sophomores and juniors – Do the same things listed for seniors, except for the post-comp test, and also make sure you have chosen a minor if one is required in your discipline.

- Freshmen – Start thinking now about a minor or second major. Also, remember it's not too late to change your mind.

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Arts & Entertainment

Music student accomplishes final step in degree requirements

Maigan Bradbury

Guest Writer

Every major on campus has that one big task or project a student must accomplish before graduating.

Some majors have to create portfolios, some have to do an internship, others complete their capstone and music majors have to complete a senior recital. Lizzie Lee, an instrumental music major, accomplished her senior recital last Thursday night in the recital hall of the new Fine Arts building.

Even though her recital only lasted an hour and a half, it was filled with songs that were special to Lee in some way. She also placed them in a strategic order. Her first piece, *Romanze* by Max Reger, was slow and romantic.

"It gave me a chance to get comfortable in front of my audience but also have an opportunity to be musically expressive right from the beginning," Lee said.

Lee said her second piece, *Time Pieces* by Robert Muczynski, was the most challenging piece in her recital, but she chose it because she had a lot of fun playing it. The third song in the program was *Three Etudes on Themes of Gershwin* by Paul Harvey. This was the only piece that Lee played as a solo. *Der Hirt auf dem Felsen*, Lee's fourth piece, was written for clarinet, piano and soprano. Delana Easley, the collaborative pianist for the Music Department, played piano and Dr. Amy Yeung, a voice professor at UTM, sang soprano.

"I chose this piece because of the beautiful German romantic style. Also, working with Dr. Amy Yeung was fantastic. She has a phenomenal voice, and I was incredibly thrilled to perform with her," Lee said.

The fifth and final song that



Senior Music Education major Josh Spaulding, sophomore Music Performance major Jerry Emmons and senior Music Education major Lizzie Lee perform a piece written for Lee by Spaulding, *Blue Transference*. | **Pacer Photo/ Alex Jacobi**

was played was very special to Lee because one of her good friends wrote it for her. Josh Spaulding, a Music Education major, wrote *Blue Transference* specifically for Lee's recital.

"He wrote this for me after I performed a clarinet quartet piece he wrote a few years ago. He took the movement titled *Aqua Blue* from the clarinet quartet and used it as the basis for the solo he wrote for me, hence the title *Blue Transference*. Working with Josh was one of the most enlightening experiences I have ever had as a musician, and I am honored to have premiered his piece," Lee said.

As for what music means to her, Lee simply said that it is too broad to be able to explain what it really means to her all together.

"I just know that without it, I would be missing all of the life-changing opportunities I have been given so far," Lee said.

Since her recital was on Halloween, Lee asked her guests not to change out of costume before coming to her recital.

She wanted her recital to be more informal than others. She enjoyed seeing people in the audience dressed up and said it helped calm her nerves.

Lee explained how it felt to finally have her senior recital accomplished.

"I am so relieved to finally get past 'the big day.' It was a bit stressful, but the love and support that was shown to me during this recital was overwhelming and made the experience completely worth it," Lee said.

After graduation in the spring, Lee has big plans to go to graduate school and get her master's degree in music therapy.

"I believe that music has a remarkable way of helping and healing people unlike any other modern medicine or technology," Lee said.

Lee has high hopes and big dreams for the future. She is well on her way, especially after being able to accomplish this recital and moving on as a senior music major.



Senior Music Education major Lizzie Lee enjoys her reception after her senior recital on Oct. 31, where family and friends congratulated her on her performance. | **Pacer Photo/ Alex Jacobi**

Arts & Entertainment

Review: Clarkson's *Wrapped in Red* impresses audience

Malorie Paine

Managing Editor, Print

I know, it's early for Christmas music, but if you are one of those who like to get in the holiday spirit early, definitely check out Kelly Clarkson's new Christmas Album, *Wrapped in Red*.

Clarkson features the typical Christmas songs like "Silent Night," "Baby It's Cold Outside" and "White Christmas." Her clear vocals on these songs make for an enjoyable listening experience.

Clarkson also offers several new songs on the album as well. "Winter Dreams" is one that I listened to several times in a row. The song features a fun, upbeat alternative to the typical slow love song. "Dreaming dreams while I'm wide awake; the tree, the lights, staying up late. It's true, I'm in love with you," are just a few of the lyrics to the song.

Another one of my favorite songs from the album is "Underneath the Tree." This song is also an upbeat one that just left me nodding along. Of course, this one is a love song also, but it's just so sweet that you almost have to love it. "I found what I was looking for, a love that's meant for me; a heart that's mine completely; knocked me right off my feet." See? Isn't that adorable and fun?

"Every Christmas" slows it down a bit, yet still keeps the upbeat rhythm. For those who don't necessarily have someone to spend the season with, this song may have a certain appeal. Personally, I liked how she showcased her vocal range on the song, but the song was a little whiny for my preference. The song is literally about waiting for someone every Christmas. It almost pushes out the joy I feel during the holidays.



Clarkson puts her personal spin on several other Christmas classics like "Please Come Home For Christmas." This is one of my favorite songs to listen to leading up to the holidays, so I will definitely be listening to the song again, probably on repeat. Her version of this song makes me "happy that it is Christmas once again."

Ronnie Dunn is also featured on the album with Clarkson in "Baby It's Cold Outside." Their voices complement each other so well on this track. The ease of their voices on the track combined with the piano riffs make for a wonderful rendition of a popular holiday song.

"Blue Christmas" is another song on Clarkson's album. I wasn't as impressed with this song as I was with others on the album. It just seemed very typical. It was nothing that I hadn't heard before. That's not to say she did a poor job with the song. I just think she could have chosen another song in its place, one that she could have put a new spin on, like she did with several other songs on the album.

Overall, I was very impressed with *Wrapped in Red* and I will most certainly be adding it to my list of must-hear albums for the holidays.



Review: *The Counselor* leaves audience with mixed emotions

Joel Sissman

Staff Writer

"Drugs," "sex" and "catfish" are the words you will probably be repeating once you have seen Ridley Scott's 2013 thriller *The Counselor*.

Imagine yourself watching a seemingly endless montage of credits featuring the director's name three times, followed by drugs being loaded onto a sewage truck. The film finally opens up to, believe it or not, a seemingly uninspired sex scene between two unknown lovers before they embark on a tale of greed and consequences of their choices.

This is how *The Counselor* presents itself to the viewers. The all-star cast includes *X-Men: First Class*'s Michael Fassbender and *Pirates of the Caribbean*'s Penelope Cruz in the lead roles of *The Counselor* and Laura. They are accompanied by Cameron Diaz, Javier Bardem and Brad Pitt. The film was directed by *Prometheus*'s Ridley Scott.

The Counselor follows the story of a man named "The Counselor," who makes the decision to join in a high-stakes drug operation. The operation goes awry as he ironically finds himself being advised on how he can fix his mistakes and ultimately live with the consequences of his decisions.

The film fails in this, however, as it leaves audiences wanting to hug their loved ones at its depressing conclusion, which leads audience members to think upon the reality of their decisions and how deadly true greed can be. *The Counselor* is also slow in its beginning and delivery and can leave viewers trying to figure out what is happening rather than following the story.

That being said, there are some interesting themes that are present in *The Counselor*. For example, the meaning of diamonds and their power is heavily explored as they

represent the cold, hard greed and the lengths people are willing to go to achieve their goal in having more wealth and power.

Elements of the "cheetah" can also clearly be seen in one of the main antagonists played by Diaz. She plays a character who is beautiful, yet deadly to others as she coldly manipulates her prey like a predator to get what she wants. In one scene, we actually see two cheetahs stepping over their former and now dead kingpin owner's body, matching the cold, predator-like nature of moving on to the next kill.

The Counselor is certainly not a film for everyone because of its slow, realist style. However, if viewers can get past the flaws of the movie, it gives viewers a tale of the despairing consequences that sometimes await us on the other side of our choices.

Arts & Entertainment

Review: *Grand Theft Auto V* is a smart buy

Cameron Graham

Research Writer

With September's release of *Grand Theft Auto V*, it was only a matter of time before the game became a trending success.

Despite what some think concerning the game's obviously violent gameplay, it is not generally about senseless bloodshed as some less tolerant media and people might have you believe.

In fact, it explores some very realistic themes, such as the unfair pursuit of the "American Dream," exploitation of Western capitalism and corrupt law enforcement agencies. Of course, our characters are likely to be involved in their own deviant behavior throughout the campaign as well.

The new installment provides improved controls, as well as physics. Though some of the physics provide for comical consequences, it definitely throws a mixture into the *Grand Theft* equation that fans can appreciate. Also becoming a new feature, players are able to switch characters at will. For



example, introducing a new feature to the series, the game focuses on three playable protagonists who are later to be interconnected.

With much of the *Grand Theft Auto's* appeal coming from the realistic activities that we partake in ourselves, the developers

did an amazing job by adding the stereotypical four-person American family. The family revolves around the character Michael, a retired professional criminal in his early forties who is in witness protection.

Franklin, a young African-

American male, unfortunately finds himself involved with the illegal activities of Michael while trying to remain loyal to his other crew. Of course, when we meet the third member of the trio, Trevor, a drug-fueled conspiracy theorist and possible psychopath, we can

safely assume the crew becomes that much more interesting.

The map is quite large, allowing for plenty of time for exploration. You might want to be careful of swimming in deep waters, however, for sharks have been added to the many threats of the environment.

Though the campaign provides for quite a bit of time, the online gameplay only increases the excitement, allowing free roam for players who wish to explore an open world with fellow, eager gamers.

For the more competitive players, there is an assortment of different game modes to partake in. From racing to unusual death matches, you can look forward to testing your power in the online realm.

If you enjoy role-playing games, you can find plenty of enjoyment in this game. It is truly worth the purchase. With many games repeating the same style as their previous titles, *Grand Theft Auto V* takes players to a place they have not been before.

Review: *American Horror Story* season comparisons

Maigan Bradbury

Guest Writer

The second season of *American Horror Story*, *Asylum*, which ran from October 2012 to January 2013, was full of cannibals, aliens, a "Bloody-Face" killer and an insane asylum. The third season, titled *The Coven*, began a few weeks ago. Although I still enjoy the show, this third season is nothing compared to the second.

The third season doesn't have as much suspense. My friends and I would always try to figure out what was going to happen each week during season two, and we always got it wrong. This new season is different. Not only can we almost predict what is going to happen, but we aren't as excited to sit down and watch it.

This season is focused on modern witches, which is pretty

cool. It is geared toward girl power and female domination. I like that. Maybe the writers of the show are making the beginning of the season slow on purpose to draw us in.

Last Wednesday, Oct. 30, it got a lot better. They probably made it more exciting because it was the week of Halloween. They did a good job. People started dying and there were talks of getting burned at the stake. So, this has given me hope. I know they can do better because I saw it in season two.

Season two went back and forth between the past and present day, which made it very exciting. Yes, this season has done the same with the witches, but it just isn't the same. Maybe it's just because there was always so much going on in season two. There were so many main characters that all had their own stories. This season, the main



witches are in the same house. Although it is humorous to see all of the cat fights and estrogen being thrown around, it just isn't as exciting. I am a girl, so I don't have

to go far in real life to see that. We just don't have the power to throw someone across the room or set them on fire if they make us angry.

I still consider myself a huge

fan of *American Horror Story*, but I would say that the producers are lucky that they made last season so amazing so that people like me will still watch.

Arts & Entertainment

Review: The Lone Bellow rises from near tragedy

Lauren Kisner

Staff Writer

One morning at Dizzy's Diner in Park Slope, Brooklyn, a man waited in a booth to meet with a friend who was working the first shift. Up to this point, this musician had been a solo act, but was now in desperate need of a catalyst. His life had taken a drastic turn, and his music demanded a drastic resurgence.

This musician, Zach Williams, was a native of Georgia and had taken to songwriting after his wife's horseback riding accident. Physicians initially said that Williams' wife would, at best, leave the hospital a paraplegic; however, doctors from the Shepard Center in Atlanta had a more hopeful verdict. After a few months of extensive therapy, she regained the ability to walk.

"That was the first time I really experienced somebody trying their best to carry someone else's burden. It was very moving to me. I was going to classes on how to bathe and feed my wife, and I was trying to process all the fear and anger and the numbness," Williams said in an interview with Paradigm.

"I started reading my friends these journal entries. I was writing in a kind of rhyming form because it helped to keep my mind focused. Caleb said, 'These are songs, man, you need to learn how to play the guitar and sing at the same time.'"

With a stack of emotion provoking songs rooted in the country, folk and gospel from his Southern youth, Williams relocated to Brooklyn with his wife and a close-knit group of friends in order to pursue his career. Among his group of friends were his friend from the diner, Brian Elmquist, as well as future band member, Kanene Pipkin. Together, they formed a trio named The Lone Bellow.

"The Lone Bellow's recording and touring ensemble now includes Ben Mars on bass, Brian Murphy on keyboards, Matt Knapp on lap steel and electric guitar, Jason Pipkin on banjo and mandolin and Brian

Griffin on drums," wrote Michael Hill for the Paradigm interview.

"After a warm-up gig at Brooklyn's Roots Café, Williams got a call from The Civil Wars, a Grammy Award-winning duo that he befriended while they were playing at the Lower East Side's Rockwood Music Hall. They asked if he and his new cohorts would open for them in Philadelphia," Hill wrote.

Producer Charlie Peacock was deeply moved by the haunting and passionate songs. The songs formed a complete story of trying hardship and reviving salvation. He decided to sign the band and captured the vulnerable sound of each individual and the confident spirit of the whole.

"We were 10 songs in, I was exhausted, my vocals were completely gone, it was, like, 1 a.m., and it started pouring down rain. Our piano player Brian ran outside and [lay] down on the sidewalk. So we all ran outside. Two of the band members started dancing in the rain and the rest of us started running around Allen Street with our shirts off. It was a beautiful moment," Williams said.

"And while we were out there being dumb, Charlie set up the mics completely differently. When we came back inside, soaking wet from the rain, he said, we're recording 'Teach Me to Know' right now. And we laid it down. And that was the way it was making this record. It was all about capturing moments. We didn't play to a click; we were just in it. It was absolutely wonderful. I felt like the city just soaked through the windows into the recording."

The Lone Bellow had been compared to The Lumineers, Mumford & Sons and The Cold War Kids. Their first and only album, released this year in January, has already placed 10th on "Top Independent Albums" and 64th on "The Billboard 200." Although The Lone Bellow claims to play "Brooklyn country music," I would rather describe them as a mix of slow-burning blues, gospel, folk and indie rock overseen by that acclaimed contemporary country melody.

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Features

UTM UNLIMITED

Couple trusts God's will for protection

Sheila Scott

Features Editor

James Copeland and Alexis "Lexie" Cole met and became friends in fall 2004 when James offered her computer help while they were taking Biology 110 together at UTM.

James Copeland grew up with his parents and two younger sisters in Paris, Tenn., where he ran track and graduated from Henry County High School in 2003. It was during his final years in high school that 9/11 occurred and had a tremendous effect on him. Watching the events of 9/11 compelled him to join the military immediately upon his high school graduation. There was just one problem. He was only 17 and his father would not sign the paperwork.

His father convinced him to give school a try for at least one semester. So, he headed to UTM even though it was not where he wanted to be. It didn't take long before he realized that he liked school after all. He heard about the ROTC program and thought it would be a good way to learn more about the military while still attending school. After attending school a couple of years he decided that he didn't want to be an officer, so he decided to join the Marine Reserves.

Copeland figured that he could go to basics, then come back to school and do the Marine stuff on the weekends with no problem. Things didn't go exactly as he had originally planned. He joined Oct. 24, 2005 and was officially activated June 1, 2006. He ended up being away for a total of two years, between training for Iraq in California and then serving in Iraq. This might not have been his original plan, but Copeland felt sure that he had made the right decision.

"I felt like God was leading me to join the military and to go to Iraq. [Because of this] I felt that I was safer in Iraq in God's will, than I would be here at home out of His will," Copeland said.

He served in the infantry. His job title was called an assault man. He primarily dealt with rocket launchers, shotguns, explosives and any equipment needed to be able to knock down a door to get into a house. It was his job to be the first one through the door and to clear the room.

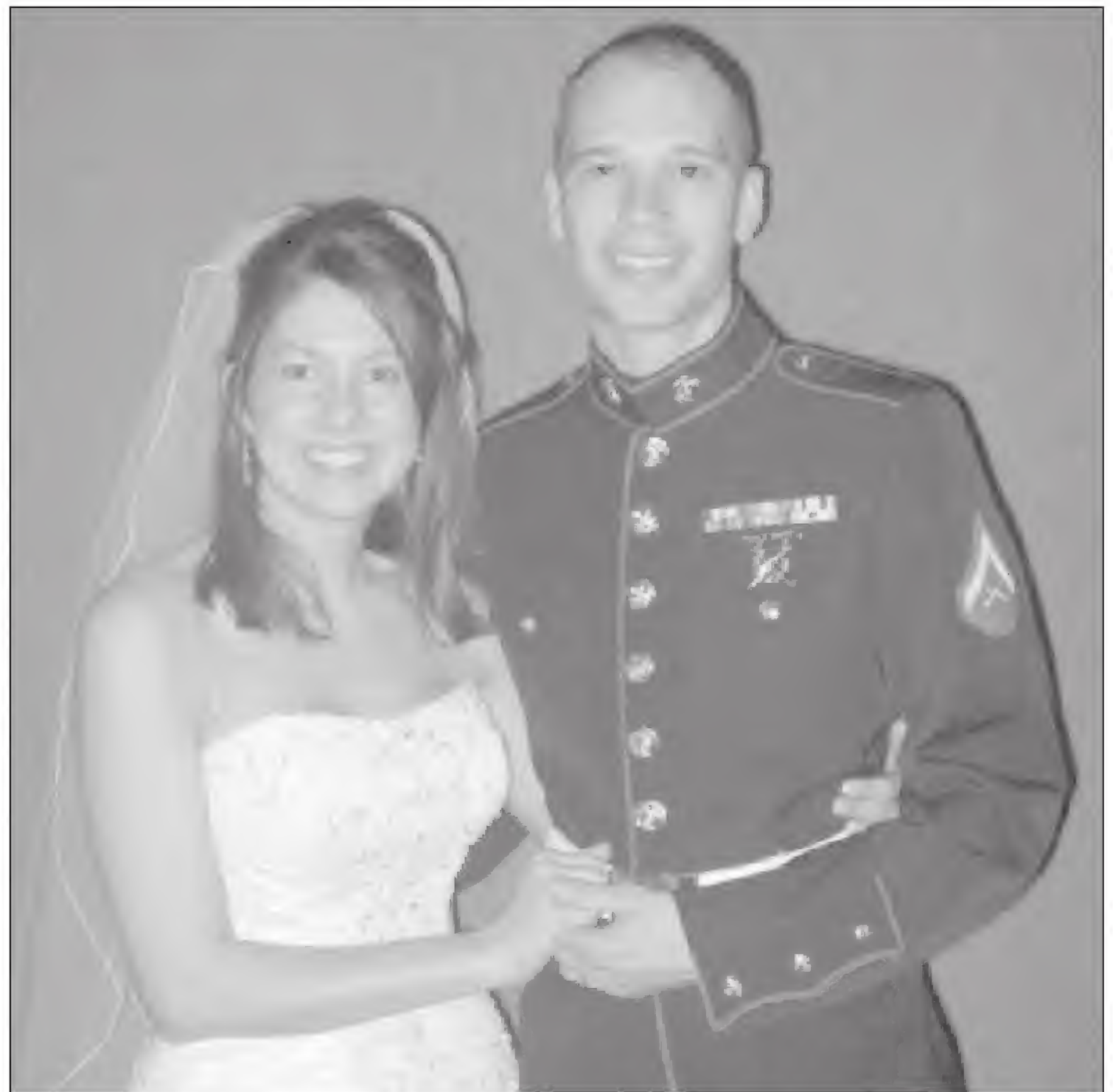
They were basically searching for weapons, explosives or certain people. They were also questioning the locals where certain people were or if they had heard any gunfire or anything that they should check into.

He learned some basic commands in Arabic before going to Iraq but they were mostly in the wrong dialect and he had to learn the language as he went along. Luckily they always kept an interpreter with them for more complicated situations.

A group of 43 marines would get supplies from their base for two weeks and then they would patrol throughout the city of Fallujah, Iraq and just go house-to-house searching for weapons and explosives. When they had to they would stop at a house and spend the night and then keep going the next day. There were many times when the men would make references to Copeland's being a Christian.

"They would send me to run across the road when we were getting shot at because they would say, 'Well, you're a Christian, God won't let you die,' or 'You get off the truck and go look underneath and see if there's a bomb; God will protect you,'" Copeland said.

The marines would go back to the base for more supplies every two weeks. There were about 800



Alexis "Lexie" Cole and Lance Cpl. James Copeland were married in March 2008.
| Photo Courtesy / James Copeland

marines in the city of Fallujah trying to control and watch over 200,000 Iraqis.

Copeland was in an extremely dangerous area. He had several near misses on his life. The worst was when a 1,000-pound bomb blew up 35 feet from him and knocked him unconscious causing a mild traumatic brain injury. As a result of the injury he still suffers with headaches and minor memory loss, mainly

of the time period in which the injury occurred. He also suffers with ringing in his ears from all the loud explosions.

"I went to Iraq ready and willing to die until I started finding out how my being in Iraq, in harm's way every day was affecting my family. Especially, when they were hearing how my vehicle was getting hit with IEDs [improvised explosive devices], RPGs [rocket propelled

grenades], mortars going off and machine guns everywhere. I was seeing how it affected them. So, I wanted to make it back for them," James Copeland said.

Copeland's parents would sit up at night crying, praying for him and they supported him by sending letters and packages from home with extra pairs of socks. Whether it was his

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In 2005, Staff Sgt. Michael Cochran served in Iraq as a member of Alpha Company 467th Engineer Battalion out of Millington, Tenn. Today he is a UTM student and president of the Skyhawk Veterans Association. | **Photos Courtesy / Michael Cochran**

Student encourages others suffering from PTSD

Sheila Scott

Features Editor

Michael Cochran is a senior UTM University Studies major who grew up with his parents and younger brother and sister in Marysville, Mich., where he graduated from Marysville High School in 1979.

Both his parents served in the Air Force; however, his mother got out before he was born. Cochran's father got out of the Air Force when he was 6 years old, but not before making such a huge impression on him that he served as his inspiration for Cochran himself later joining the Air Force at the age of 22.

"I had to serve. In my mind I had to serve but I wasn't sure that I wanted to, because I didn't want to get treated like garbage when I came home," Cochran said.

The movies portrayed WWII soldiers coming home from war and being treated as heroes, but in the 1960s and 1970s soldiers were spit on, had bottles thrown

at them in the streets and called baby killers. This double standard confused Cochran, but this along with his father's service was the main reason that he felt so compelled to serve his country. He eventually was on the receiving end of some of that bad behavior.

"I've had bottles thrown at me, people spit at me, people cuss at me, because of being in uniform, back in the early days. But I have also had people that were in wheelchairs as a result of things that happened in Vietnam to try to stand up, shake my hand and thank me for what I did, and I didn't do anything but what was asked of me. The big difference between me and the guys that went to Vietnam is that since 1973 the military has been 99 percent voluntary," Cochran said.

"A good many of the men that went to Vietnam were drafted; they had no choice. So, to me, they were more the hero than those of us coming back from Iraq, Afghanistan and any of

these other conflicts. Yes, the things that get done are heroic deeds but we didn't have to do it; we volunteered to do it. We might've had the mentality of, 'I'm going to go out and save the world,' or we might've had the mentality of, 'I need a job; if I go to work for the military, I won't get laid off; whereas, if I go to work for XYZ Company, I may get laid off.' So, the military was job security for a lot of us."

Cochran served in Iraq and his platoon was fortunate enough to only have one injury that warranted a purple heart. Ironically, that injury happened only two weeks before they left the country, Nov. 11, 2005, Veterans Day.

He served nine active years in the Air Force before getting out in 1992. When he left the military in April 2009, Cochran had a total of 22 years of service between the Air Force, Army National Guard and the Reserve. When he got out of the military, he was having some health issues

and ended up having triple bypass surgery 18 months after he retired.

He had been home from Iraq for about two years when one day someone handed him a book called, "Down Range: To Iraq and Back" by Bridgett Cantrell and Chuck Dean, and told him that he should read it. They said that from their conversation with him they felt that he would find it helpful. The book is designed to give the reader an idea of what a soldier returning from combat goes through and to help them and their loved ones to deal with it. After reading the book, Cochran realized that he had PTSD, post-traumatic stress disorder. Cochran often recommends that others check the book out of the Paul Meek Library because it is such a good resource of information concerning PTSD.

"When I discuss PTSD, I try to remind people that it's not just a military thing, even though 25 percent coming back from

combat zones suffer with PTSD. I try to remind people that if you are in a car accident, that's a traumatic event and you can go through the same thing, just not in the same way," Cochran said.

"I've had bombs go off close to me, so I'm going to have weird reactions to loud noises, flashing lights or whatever. If you've been in a car accident you might hear a glass breaking in the kitchen and react to it because you think it's a windshield breaking, or that sort of thing."

It's hard for Cochran to admit that he has sought counseling off and on since 2005 for PTSD, because he was taught that he should be tough and able to handle anything. Cochran said that the military teaches soldiers that they shouldn't have feelings anymore, and they should just be machines. He explained that in the past seeking counseling has caused some individuals to lose their jobs, because up until

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Features

UTM UNLIMITED

Soldier plans American-themed wedding

Malorie Paine

Managing Print Editor

Zach Oyebe and Sarah Muller didn't meet each other with the intention of ever dating, much less getting engaged.

Oyebe recalls meeting Muller in Martin's UT Federal Credit Union parking lot in October 2010. Oyebe had just recently returned from a tour in Iraq, and said his friend introduced the two before they went to a party at the Sigma Chi house.

After meeting in the bank parking lot, the couple remained friends for a long time before Oyebe decided to take the next step in their relationship.

"He initiated it," Muller said. "He wanted to ask me out on a date by myself because we always hung out with friends around. When he asked me to be by myself with him, I thought 'This is kind of weird,' but I took the leap, and it got me here."

Muller said it was strange for Oyebe to ask her out on a date by themselves at first, but he convinced her to go on a lunch date with him.

"He convinced me, and we chose Tony's as our first date location," she said. "The funny thing is that Tony's was still closed, and wasn't going to open until an hour later. I had class; so, the only place we thought of was McDonald's. Yes, our first date ended up being at McDonald's; the date was actually awesome. We always had great conversation; so, the date wasn't awkward. We learned a lot about each other and ended up hanging out more."

The couple dated for about a year before Oyebe asked Muller to marry him.

Oyebe says that Muller actually almost ruined his plans for the engagement. Oyebe told her on his way home from Drill one



Spc. Zach Oyebe and Sarah Muller recently became engaged and plan to wed May 31, 2014. | **Photo Courtesy / Sarah Muller**

weekend that they had been invited to go eat dinner with Muller's parents.

Her parents live two hours away from Martin in Millington, Tenn., and Muller didn't want to make the drive so late in the day just for dinner.

"I was at Drill one weekend, and this is the weekend I was planning on asking her stepdad if I could marry her," Oyebe said.

"I texted her on my way home from Drill, and told her we were

going to go eat dinner with her parents. She said she didn't really want to go in the first place because it was already so late. Then it made it worse because I asked her mom what was for dinner, and she said 'grilled cheese and tomato bisque.'"

Oyebe said at that point Muller told him she did not want to drive all the way down there for that, and that if he really wanted that for dinner she would just make it for him herself.

"We almost didn't even go, but then I just told her, 'I already told them we are on the way, we have to go,'" Oyebe said.

Oyebe says he had asked Muller's mom for her blessing on their engagement prior to the dinner. However, the engagement came as a complete shock to Muller.

"I was making it difficult ... I tend to ruin the moments anyways, so afterwards I was kind of like 'of course I almost ruined it.' But, I was shocked,

I wasn't expecting it at all," Muller said.

Muller recalls the drive back from her parent's house to Martin. She said she spent the entire time listening to Oyebe on the phone with friends and family.

"He called all of his friends and family to tell them about our engagement and he was on the phone the entire two-hour drive back. I was just listening to him talk the whole time," Muller recalled with a smile.

The two have been engaged for a year as of Nov. 4 and will be getting married on May 31, 2014. They had planned to be married on July 4, 2014; however, they had to move their date to May.

"We were on vacation too long, and we didn't get to book our venue in time," Oyebe said.

Although their original wedding date did not work out, the couple is very excited about getting married in May.

"I was actually excited to move the date because it won't be as hot outside; July weather is hot and muggy and we plan on having an outdoor wedding. So, it worked out great," Muller said.

Even though July 4 didn't work out, the couple is still planning an American-themed wedding.

"We picked the theme for two reasons," Muller said. "He's all about America. Anything American, we have it. Our house is decorated in American decorations. Also, I'm from Germany, so I'm a new American citizen, so I'm embracing it too."

Muller and her family moved from Germany in 2003, and she just officially became a U.S. citizen earlier this year. She says it was a very lengthy process.

Oyebe attributes his patriotism to serving in the U.S. Army and his deployment.

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Features

UTM UNLIMITED

Relationship flourishes despite distance

Malorie Paine

Managing Print Editor

Balancing life, classes and daily requirements is something that many college students struggle with, but Michelle Bowers has to add in another factor.

Bowers has been married to her husband, Pfc. Micah Bowers, since Dec. 18, 2012. Their marriage has its challenges as he is currently serving a deployment in Jalalabad, Afghanistan, which is located in eastern Afghanistan.

Pfc. Bowers is a 19D Cavalry Scout stationed in Fort Hood, Texas. However, on deployment, he is serving as a driver in 4-9 Cav's Personal Security Detachment.

"It is a platoon designed to ensure the safety of the top personnel of our unit," Pfc. Bowers said.

His deployment began on July 15 and has presented its challenges for the couple.

"Before he left, we actually got to spend a month and a half together, which was awesome," Bowers said.

When he first left, Bowers says it was easier than she thought it would be and previously prepared for.

"The first night [of deployment] was pretty hard because I didn't know where he was going or anything, but other than that, it really wasn't the hardest thing I've ever been through," Bowers said.

Bowers says though it is difficult with him being gone; she was used to only getting to see him for a couple weeks at a time.

"He's stationed in Fort Hood, Texas, and obviously I live in Martin; so, I don't really get to see him, but when I do, it's usually for about two weeks," Bowers said.

Bowers says communication is a challenge that they have to overcome. The couple utilizes Facebook as a main form of communication.

"Facebook has been like our best friend in communication; I can send him like five messages and he can just read them when he gets them," Bowers said. "We can talk on the phone, but we don't really get to often because of our schedules. He is nine hours ahead there."

While Facebook does allow them to communicate and helps to ease the difficulty of the situation, communication is certainly still a challenge. Bowers says that while communicating is difficult, that isn't the biggest challenge they face.

"A bigger challenge than communicating is remembering what a relationship is like. We spend months away from each other and when you don't see your husband every day and your two main forms of communication is Facebook and a quick phone call, it's easy to forget what it's like to go on a date, cuddle on a rainy day or even just run errands together. So, sometimes, I have to take a step back, and think about the memories we have together, and recollect what it's like to have him around and actually be a couple," Bowers said.

He says he believes the deployment strengthened their marriage, but also has made it difficult.

"It's hard to explain, but things become difficult," Pfc. Bowers said.

For Pfc. Bowers, the most difficult thing about being gone is the loneliness he feels.

"The hardest part is really just the loneliness I feel when I'm not around her. Being so far apart makes us lose appreciation

“He's stationed in Fort Wood, Texas, and obviously I live in Martin; so, I don't really get to see him, but when I do, it's usually for about two weeks.

sometimes of each other and not remember what all we do for each other," Pfc. Bowers said.

Even though the couple has spent most of their marriage apart, Bowers says that hasn't stopped them from doing things for each other.

"One of the things we do is surprise each other with little things. He sent me a gorgeous bouquet of flowers, and he loves to fish, so I sent him a care package all about fishing," Bowers said.

Bowers says she tries not to think about what he is doing while on deployment. She says she tries not to watch the news, because she doesn't want to know everything.

"I don't think about [him being on the front lines.] I don't really want to know what goes on over there; I just want to know what he tells me," Bowers said. "You learn a lot about each other during deployment. I've learned that he can do so much more than I thought he could and I've also learned that I have a lot more responsibility now that he's gone."

Bowers says she trusts that he can handle whatever he faces, but still occasionally worries about him.

"The time I was most scared was when he told me we wouldn't be able to talk for a



Pfc. Micah Bowers and Michelle Bowers enjoy the times they are actually in the same city. | **Photo Courtesy / Michelle Bowers**

week. Whatever it was they were going to go do didn't happen, and I got to talk to him, but it was nerve wracking," she said. "Another time was when we were talking on Facebook and he just got off without saying anything. He came back about three hours later and I asked him, 'What just happened?' and he said, 'a little girl just got blown up; so, we had to medivac her to a hospital.'"

Pfc. Bowers recently received the Combat Action Badge after a drone went off 50 feet from where he was located.

Although their marriage presents its difficulties, the couple is happily married. Bowers says the two met playing church league soccer when they were seven and then met each other again during their sophomore years of high school.

Currently, it is uncertain when Pfc. Bowers will return home; however, it is expected to be several more months.

Go to the photo gallery "Relationship flourishes despite distance" at www.thepacer.net to view more photos of the Bowers.

Features

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Trusts

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prayers or God's plans for Copeland that enabled him to make it home will never be known for sure, but others were not so lucky. Five people from his platoon were killed, three were injured so severely they were no longer deemed capable of returning to active duty and a total of 23 were killed from his unit during his time in Iraq.

When he first came home from Iraq he suffered from PTSD, post-traumatic stress disorder. PTSD is not strictly something that is just military-related but many returning soldiers suffer from some form of it.

Copeland recognized early that he was suffering from PTSD and sought treatment at the VA Hospital. He is one of the lucky ones who can say today that he no longer suffers from PTSD. He believes that his recovery was helped by the fact that he did not turn to alcohol for relief and chose to write his thoughts in a journal.

PTSD

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the mid-1990s the military considered you a wimp if you claimed PTSD. However, the military currently recognizes PTSD and is offering treatment to soldiers.

"One thing I always tell a military member or a civilian that is dealing with PTSD is, 'Don't be afraid to seek help,'" Cochran said.

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Oyebi has been enlisted for a little over seven years and will continue to serve until 2019. He has served in Iraq, Kuwait and Germany; his deployment lasted about a year. He says

In 2007 when Copeland was settled back in Tennessee one of the first things he did was look up Cole to see how she had fared while he had been in Iraq.

Cole grew up with her parents and younger sister and brother in Millington, Tenn., where she graduated high school from Tipton-Rosemark Academy. Cole spent her freshman year of college at Union University and then transferred to UTM her sophomore year. While earning her undergraduate degree, she was involved in the BCM and participated in Intramural Sports.

Copeland and Cole's friendship soon turned to romance and the couple started dating. Cole graduated from UTM in 2007 with a BUS with a concentration in Education. The couple married in March 2008 and moved to Munford for two years. Copeland said her favorite experience at UTM was meeting her husband. The couple returned to Martin in

January 2010 so Copeland could finish his degree.

Copeland got a job on campus and because of that she was able to continue her education and earn her MBA in 2012. She was inducted into Phi Kappa Phi as a graduate student. She works as a program resource specialist for the Department of Engineering and for the Department of Computer Science. She enjoys photography and running. She is a member of the Weakley County Running Club but is not doing much running at this time because she is three months pregnant with their first child.

UTM is a special place to Copeland because it's the place where she started her life with her husband and now with her first child. Thinking about such momentous things brings thoughts of others and their futures to mind.

"Work and study hard; that's why you're here to get that quality education. Enjoy it [your time at

UTM]. Have fun, make friends and get involved, but what's most important is that you make your education the priority," Lexie Copeland said.

James Copeland is a senior majoring in BIS with a concentration in Health. He is scheduled to graduate in December and plans to start on his Masters degree in Computer Science through the University of Memphis in the spring. He currently works as an interim classroom technologist with Information Technology Services. He was one of the founders, has previously served as the secretary and is still an active member of the Skyhawk Veterans Association. He is currently serving as the president of the Christian-based student organization CRASH.

Copeland loves scuba diving and playing drums. He plays drums for his church and the student organization CRASH. The Copelands are members of

Central Baptist Church. When he got out of the military in September 2012, Copeland was a sergeant. Copeland is not afraid of hard work and tries to encourage others to work hard.

"Blood, sweat and tears are the ingredients for success whether on the battlefield, in the classroom, or in life," James Copeland said.

UTM hold many fond memories for James Copeland.

"I always enjoy the first day of classes with the incoming freshmen and all the excitement in the air, starting a new chapter in people's lives and a hope for a better future," Copeland said.

Adding to the UTM family is Copeland's younger brother, Eric Cole, who is currently a freshman majoring in Agricultural Business.

Go to the photo gallery "Couple trusts God's will for protection" at www.thepacer.net to view more pictures of the Copelands.

Cochran was one of the founders of the Skyhawk Veterans Association and currently serves as the organization's president.

Working with the theatre helps Cochran not only with his PTSD but also with his ADHD. He played Baron Elberfeld in Masquerade Theatre's March 2013 production of "The Sound

of Music," Vinnie in Masquerade Theatre's May 2013 production of "The Odd Couple" and Constable Warren in The 3rd Floor's August 2013 production of "Our Town."

Cochran serves as a daily example to fellow students to not be afraid to seek help when they need it.

"Don't be afraid to ask for help. All the professors on campus have office hours; go to their office hours. Don't be afraid to ask [for help]. Nobody is going to look down their nose at you and call you stupid if you ask for help. Where you're stupid is not asking for help. Where you're not doing yourself any good is

where the help is out there and you don't take advantage of it," Cochran said.

Go to the photo gallery "Student encourages others suffering from PTSD" at www.thepacer.net to view more photos of Michael Cochran.

he only spent a few months in Kuwait and finished out his time in Iraq.

"There might be a chance in the next two years that I could be deployed again," Oyebi said.

Muller says she doesn't like that too much, but she understands it comes with the relationship. She also knows it won't be easy to deal with.

"I think I could deal with it,

but it's definitely something hard that I would have to deal with," she said.

Oyebi and Muller will say their vows at Peaceful Oaks Bed and Breakfast in Jackson, Tenn.

Go to the photo gallery "Soldier plans American-themed wedding" to view more photos of Zach Oyebi and Sarah Muller.

Sports

Linebacker named CFPA National Defensive Performer of the Week

Sports Information

For the second time this season, UTM junior linebacker Tony Bell has earned National Defensive Performer of the Week and National Linebacker Performer of the Week by College Performance Awards.

A 6-1, 200-pounder out of Memphis, Tenn., Bell also earned adidas Ohio Valley Conference Defensive Player of the Week honors on Sunday afternoon.

Bell put together one of the most dominant defensive games in OVC history on Saturday in a 45-17 victory over Murray State. He tied an OVC single-game record with 4.5 sacks, which is also tied for the most sacks in a single game by an NCAA player at any level in 2013. He also recorded a career-high 16 tackles, which is tied for the most tackles by any OVC player in a single game this season.

Bell, who was also named the Week 2 CFPA National Defensive Performer of the Week and National Linebacker Performer of the Week, currently

leads the OVC in sacks (8.5) and tackles for loss (13) while ranking fifth in fumble recoveries (two), seventh in forced fumbles (two) and eighth in tackles (61, 6.8 per game). His 8.5 sacks rank fourth amongst Football Championship Subdivision players.

Along with Bell, CFPA also recognized Jarod Neal and Thad Williams for their contributions to the Skyhawk victory. Neal was one of 15 signal callers to earn Honorable Mention National Quarterback of the Week while Williams was one of 18 players to be named Honorable Mention Defensive Back Performer of the Week.

A 6-1, 180-pound redshirt sophomore out of Hendersonville, Tenn., Neal chalked up a career day against the Racers – accounting for four touchdowns. He completed 75 percent of his passes (18-for-24) for 245 yards and a career-best three touchdowns while adding a career-high 38 yards on the ground, including a go-ahead rushing score in the third quarter to give UTM a lead it would not relinquish the rest of the way.

Neal currently ranks third in the OVC in completion percentage (63.3) and passing efficiency (133.5) while coming in at fourth in passing yards (139.6 per game) and total offense (140.4 yards per game).

Williams also had a career day on Saturday, coming away with two interceptions to go along with eight tackles. The two picks marked the first time a Skyhawk had a multi-interception game since Markei Guy accomplished the feat at Tennessee State in 2010. Williams now has four interceptions over the last two seasons at UTM.

A 5-9, 190-pounder redshirt senior out of Adel, Ga., Williams jumped into seventh in the OVC in interceptions (two).

The Skyhaks carry a 6-3 overall record into their Nov. 9 matchup at Football Bowl Subdivision member Memphis. UTM will look to make it two straight victories over the Tigers, as the Skyhawks earned a 20-17 victory in Memphis in the 2012 season opener. Kickoff from Liberty Bowl Memorial Stadium is set for 3:30 p.m.

Chelsea Bowles has success on and off court

Amber Sherman

Staff Writer

For UTM volleyball player Chelsea Bowles, success on the court and in the classroom are two things she is accustomed to.

Bowles, a Louisville, Ky. native, attended Assumption High School, a school well known for its volleyball program. In 2011, under head coach Ron Kordes, Assumption finished the season with a 44-1 record and was ranked No. 3 in ESPN's Powerade Fab 50. During her time at Assumption, the Rockets won the Burris Invitational in Muncie, Ind., the Durango Classic in Las Vegas and the Asics Challenge in Chicago.

One of her favorite experiences, she said, was playing with Amateur Athletic Union (AAU) team

KIVA. While on the team, she was named an AAU All-American, after leading the Asics KIVA 18 red squad to a 9-2 record in the 39th AAU Girls' Junior National Volleyball Championships.

Bowles says she loves volleyball because, "it's such a competitive sport."

Outside of volleyball, Bowles spent seven years as a cheerleader, but she said that it didn't give her the same intense feeling as volleyball.

Many student athletes have very busy schedules, and Bowles is no exception. While playing volleyball, she tries very hard to balance her classwork. She says it can get hard to study and keep grades up because of missing classes for games, but so far Bowles has proven up to the task with achieving a GPA of 3.7. Last year,

she was named to the Ohio Valley Conference Commissioner's Honor Roll.

Born on Jan. 15, 1984 to Davy Bowles and Ollie Jones, Bowles is a very family-oriented person. She has three siblings, Jessica Bowles, Wes Doak and Krystina Bowles. When she is able to go home, she spends time with her family by going out on their boat in the Ohio River to fish, intertube and jet ski and also by attending church.

Bowles wears number four because of her brother, Wes. Wes wore the number when he played baseball, but after his career ended, she decided to wear it during her volleyball career.

One of Bowles' favorite movies is *Bridesmaids*, and her favorite food is buffalo chicken dip.

The Pacer Player of the Week



Abi Sanvee

Scored the game-winning goal against Southeast Missouri to give the Skyhawks the 1-0 victory and the Ohio Valley Conference Championship

Photo Credit/Sports Information

UTM welcomes OVC soccer tournament

Bradley Stringfield

Managing Editor, Online Sports Editor

With their win against Southeast Missouri on Friday, Nov. 1, the Skyhawks clinched the top seed and the right to host the OVC soccer tournament for the second straight season.

Morehead State claimed the second seed and also received a first round bye.

In last year's tournament, the Skyhawks defeated Southeast Missouri in the semi-final round before defeating Austin Peay in the championship round. This year, if the Redhawks want to have another chance of taking out the Skyhawks, they will have to hope both teams make it to the final round.

The first round will be held Thursday, Nov. 7. In game one, which will be played at 4 p.m., the No. 4 seed, SIU Edwardsville, will take on the No. 5 seed, Eastern Illinois. Then in game two, the No. 3 seed, Southeast Missouri, will challenge the No. 6 seed, Austin Peay, with the game time set for 7 p.m.

On Friday, UTM will play the winner of game one at 4 p.m., while Morehead State will play the winner of game two at 7 p.m.

The teams will have Saturday off and then on Sunday will compete in the OVC Championship at 1

p.m.

The Skyhawks have totaled 23 goals on 310 attempts this season. Senior Abi Sanvee leads the team with five goals, four of which were game-winning, including the game winner against Southeast Missouri. Alyssa Curtis is second on the team with four goals on 42 shots. Keeper Mariah Klenke has totaled 84 saves in the 16 games she has played this season.

UTM head coach Phil McNamara credits a lot of the team's success to his group of seniors.

"They are arguably the most honored group of soccer players who have come through here," said McNamara.

"They are classy individuals. Hannah McGowen has just been outstanding for this program. For Hannah Fessenden to come back and play this year, was the signing of the year and the cherry on the top. Sarah [Tompkins] has won games for us this year and has been our most consistent player off the bench. Jessica Horvatic has been a rock and provided a lot of pace for us this year. Of course [Sanvee] getting the goal on senior night is great for her experience at UTM. I couldn't be prouder of this group of seniors."

All of the games throughout the tournament will be broadcasted on OVC Digital Network free of charge. Live streams can be found at OVCDigitalNetwork.com.

Sports

Concussions from Cover

In the recent PBS Frontline special, "League of Denial," Boston University researchers said there are now 50 confirmed cases of deceased football players who suffered from chronic traumatic encephalopathy (CTE), a degenerative brain disorder linked to memory loss, depression and dementia. Of those 50 confirmed cases of former players, 33 played in the NFL, one in the CFL, one in semi-pro football, nine through college and six through high school.

"If an athlete shows signs of a concussion, he is held out of all activities that day [practice or games]," said UTM head athletic trainer Bart Belew.

"[We] have used a computerized concussion evaluation [IMPACT software] for 10 years to help manage concussions and assist with return-to-play decisions."

Concussed players returning to the field has become a cliché in the sports world, but Belew says he has never been pressured by a coach to clear a player who has been concussed to go back in the game.

"I have been very lucky in the past 14 years," Belew said.

"I can't remember one time our coaches tried to pressure me into releasing a player early from a concussion."

There are specific symptoms that the UTM training staff is required to look for in an athlete who may have gotten a concussion.

"If a player has a suspected



Pacer Photo/Tonya Evans

concussion, he must be taken out of the game immediately," said Health and Human Performance graduate Nick Roberson.

"That player may not return to the game until after they are evaluated by staff who is trained in concussion. Also, return to activity must be done slowly and only after acute symptoms are gone. ... A player who has been diagnosed with a concussion needs to be watched for headache, grogginess, sensitivity to light and sound, [as well as] changes in speech, sleep, reaction time and judgment."

Roberson also said that technology such as the IMPACT software has helped in the assessment process.

"[IMPACT software] has really

helped the way we assess players before and after an injury. At the beginning of the football season, before practice starts, all players are given a baseline test. After a head injury occurs, the player is given that same test to measure differences in performance. After 48-72 hours, a player will be retested. These test results offer a printout that can be given to coaching and medical staff to prove where that player is in their healing," Roberson said.

Kevin Goltra, head football coach at Obion County Central High School, also shared his staff's concussion practices.

"We exercise caution both during the game and at practice, although we do not limit the number of hits in practice as

much as we avoid hits that are unnecessary. We try to make sure the players are in position to protect themselves in all aspects of practice and don't do any 'tough guy' drills that aren't football-related," Goltra said.

Goltra added that the decision on whether an athlete plays is left up to the trainer.

"When it comes to any injury, especially concussions, the coaches leave that completely up to the trainer at Obion County. We do not make any recommendations or requests of the trainer. Whatever he says goes. That keeps the liability off of us and puts the kids' safety at the forefront. With the specific guidelines concerning concussions, there isn't all that

much gray area anymore. There are specific steps and protocol that has to take place," Goltra said.

While there have been major investments made to improve the equipment, Belew says that the problem isn't that easily solved.

"Over the past 10-20 years, equipment has improved greatly but it is a double-edged sword," Belew said.

"Technology has made it much safer for players, but this safer equipment has also made players think they are invincible. They see football equipment as a suit of armor. There is no such thing as a completely concussion-proof helmet."

The use of proper equipment is crucial to player safety, but certain aspects of football techniques have been addressed to reduce injury. According to the NCAA website, the NCAA cracked down on head-down contact in 2005. In 2008, the horse-collar tackle became illegal. Also, in 2009, conferences were required to review plays involving players being targeted and potentially suspend offenders. Specific blocking was also eliminated and concussion-management plans were added in 2010.

These new steps and guidelines have been put into play to protect high school and college football players from serious head injury. With even just a few concussions, a student's life may be altered forever. Traumatic brain injury on the field could lead to a lifetime of memory loss, confusion, dementia and even CTE, which could result in depression or death.

Schedule from 11/6 - 11/19

Soccer vs. OVC Tournament 11/7-10 | Volleyball vs. Austin Peay 11/8 | Men's Basketball @ Wyoming 11/8 | Equestrian vs. Kansas State 11/8

Women's Basketball vs. Georgia State (WNIT) | 11/8 Football @ Memphis 11/9 | Volleyball @ Murray State 11/9

Equestrian vs. Southern Methodist 11/9 | Women's Basketball vs. WNIT (Opponent TBD) | 11/10 Men's Basketball @ Colorado 11/10

Volleyball @ SEMO 11/12 | Men's Basketball @ Arkansas State 11/13 | Women's Basketball vs. WNIT (Opponent TBD) 11/14

Cross-Country- NCAA Regionals (Alabama) 11/15 | Equestrian vs. Miami (Ohio) 11/15 | Men's Basketball vs. Rochester College 11/15

Football @ ECU 11/16 | Volleyball @ Jacksonville State 11/16 | Men's Basketball @ Florida State 11-17 | Women's Basketball @ Arkansas State 11/19